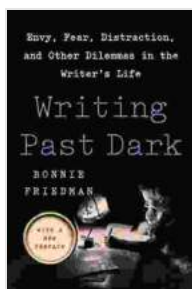


# Envy, Fear, Distraction: The Writer's Dilemmas

As writers, we all experience envy, fear, and distraction. These are common challenges that can make the writing process difficult and frustrating. This guide will provide you with insights into these emotions and offer strategies to overcome them.



## Writing Past Dark: Envy, Fear, Distraction and Other Dilemmas in the Writer's Life by Bonnie Friedman

★★★★☆ 4.3 out of 5

Language : English  
File size : 1137 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 158 pages



## Envy

Envy is a feeling of resentment towards someone who has something that you desire. As a writer, you may feel envious of other writers who seem to be more successful than you. They may have more published work, a larger following, or a more prestigious reputation.

Envy can be a destructive emotion. It can lead to self-doubt, procrastination, and even giving up on writing. If you find yourself feeling envious of other writers, it is important to remember that everyone's journey is different.

Here are some tips to overcome envy:

- **Focus on your own work.** Instead of comparing yourself to others, focus on your own work and your own writing goals.
- **Celebrate your successes.** When you accomplish something, take the time to celebrate your success.
- **Be grateful for what you have.** Take the time to appreciate the things that you have in your life, both as a writer and as a person.

## **Fear**

Fear is a natural response to danger. As a writer, you may experience fear when you are faced with the unknown or when you are feeling vulnerable. You may be afraid of failure, rejection, or criticism.

Fear can be a paralyzing emotion. It can prevent you from taking risks and from putting your work out there. If you find yourself feeling afraid, it is important to remember that fear is often based on irrational thoughts.

Here are some tips to overcome fear:

- **Identify your fears.** The first step to overcoming fear is to identify what you are afraid of. Once you know what you are afraid of, you can start to develop strategies to deal with it.
- **Challenge your irrational thoughts.** Fear is often based on irrational thoughts. Challenge these thoughts and replace them with more positive and realistic thoughts.
- **Take small steps.** Don't try to do too much at once. Start by taking small steps and gradually work your way up to bigger challenges.

## Distraction

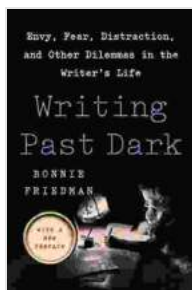
Distraction is one of the biggest challenges that writers face. In today's world, there are more distractions than ever before. Social media, email, and the internet can all make it difficult to focus on writing.

Distraction can lead to procrastination and can prevent you from getting your writing done. If you find yourself getting distracted, it is important to find ways to stay focused.

Here are some tips to overcome distraction:

- **Create a dedicated writing space.** Having a dedicated writing space will help you to focus and to avoid distractions.
- **Set aside specific times for writing.** Don't try to write whenever you have a free moment. Instead, set aside specific times for writing and stick to them.
- **Take breaks.** If you find yourself getting distracted, take a break and come back to your writing later.

Envy, fear, and distraction are common challenges that writers face. However, these challenges can be overcome. By understanding these emotions and developing strategies to deal with them, you can become a more productive and successful writer.



### Writing Past Dark: Envy, Fear, Distraction and Other Dilemmas in the Writer's Life by Bonnie Friedman

★★★★☆ 4.3 out of 5

Language : English

File size : 1137 KB

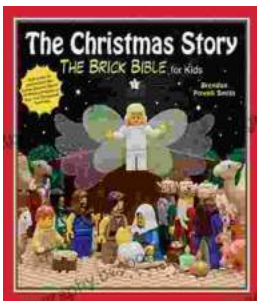
Text-to-Speech : Enabled

Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 158 pages



## Rediscover the Old Testament with a Captivating Graphic Novel

Prepare to embark on an extraordinary literary journey as you dive into the pages of Brick Bible Presents: New Spin on the Old Testament. This captivating graphic novel...



## The Christmas Story: The Brick Bible for Kids

LEGO® Bricks Meet the Nativity Prepare your children for the magic of Christmas with The Brick Bible for Kids: The Christmas Story. This beloved...